

our guide to the perfect pedicure

- 1** Start by taking the time to soak feet in a bowl of warm water. For a natural treat try the **FABULOUS FOOT FIZZ**, £4.50 from the Working with Nature range.
- 2** Buff hard, dried skin to perfection with Soap and Glory's **UTTERLY FANTASTIC FOOT BUFFER**, £8 or try Mavala's **SMOOTHING SCRUB CREAM**, £10.68.
- 3** Dry feet and massage in a conditioning foot lotion like Tisserand's **WHITE MINT AND KANUKA FOOT BALM**, £5.30.
- 4** Heaven's **VANILLA POD HAND AND NAIL CREAM**, £14.63, is a gorgeous scented cream which can also be used as an excellent moisturiser to condition and moisturise the hard skin on your feet.
- 5** For an extra treat try Bliss **SOFTENING SOCKS**, £36. They contain a special lining which activated by body heat force feeds moisture into rough and dry feet.
- 6** To prep toenails for varnish soften and remove unsightly cuticles with Burt's Bees **LEMON BUTTER CUTICLE CRÈME**. This intensive treatment, £5.99 also nourishes nails.
- 7** Flaunt perfectly pedicured toenails with this season's bold colours. The 2true **GLOSSYWEAR NAIL POLISHES**, £1.95 each come in 36 shades to match any outfit.
- 8** The new **LYCRA PRO NAIL VARNISHES**, £5.49 from Rimmel London features a new 'maxi brush' for fast application and easy control, with 22 shades available.
- 9** Dry toenails quickly, avoid smudging and add lustre to painted nails with Leighton Denny's **MIRACLE DROPS**, £7.83.

STOCKISTS' INFORMATION

Working with Nature:

www.bellinghamsoapcompany.co.uk

Soap and Glory: Boots nationwide

Mavala: 01732 459 412

Tisserand: 01273 325666

Heaven: 01952 46188

Bliss: 0808 100 4151

Burt's Bees: 0845 0262030

2true: Superdrug nationwide

Rimmel: Counters nationwide

Leighton Denny: 0845 862 0515

www.cheshirelife.co.uk